



# WARNER WEEKLY

News & Information at Your Fingertips

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## Sky Soldiers prepare for brigade jump

Story and photos by Spc. Gregory Argentieri,  
173rd Public Affairs

AVIANO, Italy – In preparation for a larger brigade jump later this fall, the first wave of Sky Soldiers from the 173rd Airborne Brigade Combat Team returned to the air after a long hard fought, 15-month deployment in Afghanistan.

Sky Soldiers and 173rd Jumpmasters from Italy and Germany began gathering early at the Caserma Ederle commissary parking lot on Sept. 23. The paratroopers were more than ready for a chance to jump since redeploying to garrison life after Operation Enduring Freedom. The last time the 173rd jumped was during a training mission in late 2006.

The countdown was on, and the quiet energy was apparent as "The Herd" of paratroopers from Bamberg, Schweinfurt, and Vicenza began organizing at 3:30 a.m. into their respective chocks and jump order. Once complete, three chocks of Sky Soldiers loaded onto four buses waiting to take them to Aviano Air Base.

After a 165 kilometer bus ride, the paratroopers assembled in the parachute holding area (PAHA). After a quick accountability, the chocks were given their respective times on target (TOTs), 10 a.m., 1 p.m., and 4 p.m. The TOT is the time the high-performance military aircraft will be above the drop zone (DZ). From the TOT, a strict jump timeline is developed for the

*(Continued on page 13)*



Photos by Spc. Gregory Argentieri

The 173rd Airborne Brigade Combat Team Jumpmasters and paratroopers prepare for airborne operations as they practice their PLFs (parachute landing falls) and run through the basic airborne jump drills early Sept. 23 at the Aviano Air Base, in northeastern Italy. 173rd Jumpmasters are getting certified in preparation for a brigade jump later this fall.

## Service, a smile earns commissary top honors

### Bamberg store wins Quality Service Award

Story by Trecia A. Wilson  
USAG Bamberg Public Affairs

"People want three things from their grocery store. Cleanliness, variety and quick friendly service," said David Mitzner, USAG Bamberg Commissary Director.

Mitzner feels his staff and he are working hard to provide those three things and the Defense Commissary Agency (DeCA)

seems to agree, because Mitzner and his staff were awarded the Best Small Customer Service Award of 2007 and Best Small Meat Department Award of 2007. These awards come from top DeCA officials and are based not only on customer comments, but also on data acquired throughout the year. The store also won the Director's Semi-annual Silver Award for second place in Total Store Performance during the first and second quarters of the 2008 fiscal year.

From increasing the number of cash registers to remodeling the bakery section, the

Bamberg Commissary has done a lot to improve the quality of service they offer their customers and in the coming months there will be upgrades to the meat and freezer departments.

Before the cash register upgrade, there were six full service cash registers. Now there are five, but in lieu of the one full service register, customers now have three self-service registers.

"The new registers have been a hit with the customers," said Lina Sharma, the

*(Continued on page 13)*

# ICE -

## Bring your experience to our attention

[http://ice.disa.mil/index.cfm?fa=site&site\\_id=202](http://ice.disa.mil/index.cfm?fa=site&site_id=202)

## Bamberg represents the U.S. Army in international patrolling competition

Story by 1st Lt. Michael Carvelli  
173rd Special Teams Battalion

A combined team from the 54th Engineer Battalion and the 173rd Special Troops Battalion recently competed in the German Army Reserve International Patrolling Competition "Saarschleiffe 2008". Capts. Jason Meier and Kevin Burke and Sgt. Isaia Hernandez participated from the 54th Engineer Battalion and 1st Lt. Michael Carvelli participated from 173rd Special Teams Battalion. Together they made up "Team Bamberg". The competition took place on a rainy September weekend on a German Reserve Post in Saarland, Germany.

Saarschleiffe is held every two years and draws international teams from the United States, Switzerland, Italy and France. The vast majority of the participating teams come from the German active and reserve Bundeswehr.

The two day competition started with an 18 kilometer timed night orienteering course that required participants to navigate hilly terrain often from a drawn map. The participants completed the difficult course soundly using only an unfamiliar German Mills compass.

After only a few hours of sleep, the participants started a circuit course that required them to perform rifle marksmanship with a German Assault Rifle. The participants had to follow the rules and only shoot hostile targets, cross a two-rope bridge, correct a false news article on current events in the United Nations and North Atlantic Treaty Organization (NATO), mark and identify mines and unexploded ordnance in a minefield, extract a casualty from a collapsed building, and run a vehicle checkpoint.



An awards ceremony was held at a local brauerei where free drinks and pretzels were available. The Saarland Commander hosted the ceremony and presented trophies to the winning teams in the various categories. Team Bamberg placed a mighty first in the International category defeating multiple teams from France, Italy and Switzerland. The awards ceremony ended with the Saarland Military Band playing the national anthem of each participating country.

Saarschleiffe 2008 brought camaraderie to numerous military teams that competed both competitively and socially. Following the event, a goodbye brunch was held the next day at a local gasthaus, where the departing teams traded military insignia and left with handshakes and lasting memories.

## Bamberg Outdoor Recreation and SATO meeting adventure and leisure needs

Story by Jordan Talbot, ODR Programmer

USAG Bamberg Outdoor Recreation offers a wide variety of outdoor skills and leisure trips. From kayaking and mountain biking to hiking, skiing and snowboarding, we provide top-notch outdoor programming throughout the year. When you take an outdoor trip or class with ODR, you can be sure that you will receive professional instruction on top-of-the-line equipment. We also provide leisure trips every month including city trips, glass and crystal shopping, dinner and wine tasting, spa trips and everyone's favorite way to explore the city, the Tour Under Bamberg.

However, if you're looking for a longer distance or overnight tour, SATO Travel can meet all of your needs. Some of SATO's

top destinations include Paris and Normandy, France, Venice, Italy, Krakow, Poland and Amsterdam, Netherlands. It is usually necessary to drive to a pick-up point to start your SATO tour but they can help you see all of Europe during your time in Bamberg. SATO has a standing contract with the Army to provide leisure travel throughout Europe.

USAG Bamberg Outdoor Recreation is located in Building 7047 at DSN 469-8659 and is open Mon. through Fri. 10 a.m. to 6 p.m.

SATO Travel is located in Building 7109 at DSN:469-7571 and is open Mon. through Fri. 8 am to 4:30pm.



**Lt. Col. Gary A. Rosenberg**  
U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
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## Shipping canned meats to the US could bring fine, more

MANNHEIM, Germany — Many U.S. personnel in Europe have received a \$300 fine from the Bureau of Customs and Border Protection (CBP) because they mailed packages of wurst, ham or pâté to America. However, infestations of animal disease cost U.S. taxpayers millions of dollars each year.

It is illegal to send red meats and sausage to the USA without U.S. Department of Agriculture approval. CBP routinely checks packages from overseas, often with dogs trained to sniff out food. Trying to "sneak" meats into the country is a crime and it is worth remembering as you prepare your holiday shopping list later this year.

**"Trying to sneak anything into the USA without declaring it, is smuggling and carries very stiff penalties and fines,"**

**Bill Johnson, Director  
USEUCOM Customs Executive Agency**

"All packages mailed to the USA must have a customs declaration," said Bill Johnson, director of the USEUCOM Customs Executive Agency. "In many cases, people falsely list the contents of packages. Willfully trying to sneak anything into the USA without declaring it, is smuggling and carries very stiff penalties and fines," he added. "To aid in the fight against pests and diseases in the USA, we must all do our part. We can all start by honoring our import laws. It's the right thing to do."

Call a military customs office to find out more or visit [www.hqusareur.army.mil/opm/uscustoms.htm](http://www.hqusareur.army.mil/opm/uscustoms.htm).

## Get flu mist



Courtesy photo

United States Army Health Clinic Bamberg (USAHC) offered an informational booth to the women of Protestant Women of the Chapel (PWOC) on Oct. 1.

John Dempsey, Registered Nurse and USAHC Bamberg Host Nation Case Manager, offered flu vaccinations (in a nasal mist form) and provided additional information on TRICARE, breast cancer awareness, colorectal cancer awareness and patient liaisons.

Dempsey stated, "We were able to provide around 30 doses of FluMist for the PWOC after the screening. It is important for our community to understand the clinic's programs related to early detection and prevention of Influenza, breast cancer, and colorectal cancer. Ms. Balinsky and the PWOC were kind enough to provide a venue for us to provide information about a few of the programs offered by the clinic."

"The importance of prevention is a community effort. The health clinic is reaching out to different organizations within the Bamberg community to ensure them that we are here to serve them. Events such as this are extremely important because it builds a close partnership between the community and health clinic in promoting wellness and prevention," said Lt. Col. Pablito Gahol, Commander, USAHC Bamberg.

If you would like to receive more information about the Flumist, please contact the Bamberg Health Clinic at 469-1750.

### Brighten Up Someone's Holiday Mail Early!



**2008 Holiday Mailing Dates  
Europe To CONUS**



*To ensure delivery of holiday cards and packages by Dec. 25, mail should be entered by the recommended mailing dates:*

<b>Nov. 28</b>	<b>SAM parcels</b>
<b>Dec. 4</b>	<b>PAL parcels</b>
<b>Dec. 11</b>	<b>Priority parcels</b>
	<b>First class letters</b>
<b>Dec. 20</b>	<b>Express mail</b>







To submit your ICE comment, click here  
[http://ice.disa.mil/index.cfm?fa=site&site\\_id=202](http://ice.disa.mil/index.cfm?fa=site&site_id=202)

#### Customer Comments:

The services provided by this facility is substandard. The wait time for service is so long because there's usually only one person working and he is so inefficient. He spends unusually long periods of time with some customers even when he has a full office of customers. I have had to stand in line for service over 45 minutes a few times. I asked if there are other alternatives to paying my bill without having to wait in line. the only other way he told me was to have a German bank or community bank account or call a service number in which you get charged a service fee for calling. Something has got to change because when a soldier tries to use their lunch time to pay bills and take care of other personal services, their time is wasted by standing in a long line or even a short line but with the same wait time and not being able to eat lunch or accomplish anything else. Please address this problem because I know I'm not the only person experiencing this poor service. Either hire more service reps or have more options for the customers because TKS is a monopoly on Bamberg in which you either take the substandard service or go without phone and cable service. That's the attitude of the employee.

#### Commander's Response:

This is another good comment. I am going to address this in parts as it involves many different aspects.

First, TKS is NOT a monopoly or the only service provider out there. ARCOR also provides phone and internet service on post.

Second, AAFES has your comment and has addressed it with TKS. TKS will look into the options to improve their customer service.

Third, there are a number of ways that you can pay your account using options other than the TKS shop.

- First, you can pay by cash or credit card at the TKS shop, but you have told us of your frustration at regarding this option.

- Second, you can call TKS customer Service and pay by credit



card, but as noted there is a service fee for this option. The question becomes how much is your time worth? Is it worth the fee not to have to stand in line?

Third, you can use a German Bank if you have one, but most of us don't. Fortunately, our very own Bank of America Community Bank is considered a German Bank and so you can use the same procedures a German bank would use to pay the bill. There are essentially three options the Community Bank can offer you with regard to paying your bill.

Community Bank Euro Payment Services can be classified in three distinct categories:

#### A Standing Payment Order (SPO) or "Dauerauftrag" in German:

This type of payment is initiated from a checking account for recurring regular fixed payments. The accountholder establishes the transfer, for a specific Euro amount on a specific payment date, to the bank of the beneficiary. The legal contractual relationship is between the customer and the Community Bank.

Customarily, these types of payments are established for rent payment, fixed utility services, and installment payments to vendors or ongoing transfers to any German bank of customer choice. The payments are free of charge.

#### A Bank Debit Authorization or "Einzugsermächtigung" in Germany:

With this payment method the accountholder authorizes the beneficiary to debit or withdrawal funds from an established checking account. These type of transfers are usually initiated for irregular payment amounts and variable payment dates established in a contract between the accountholder and the beneficiary. The legal contractual relationship is between the customer and the designated service provider.

Customarily, these types of payments are established for vendors, such as:

TKS, ARCOR, T-Mobile, Vodaphone, O-2, etc. These debit authorizations are free of charge to the customer.

#### A One time Payment or "Überweisungsauftrag" in German:

Is a manual payment process where the customer makes a "One Time Payment" in the bank. The payment is made via cash, check or account withdrawal in person at the bank. This payment can be initiated to any German beneficiary for any amount at any time. This payment service is available to account and non-acountholder of Community Bank. The bank sends the payment on behalf of the customer to the designated beneficiary.

I hope this helps clear this issue up. Continue to write with your questions, comments and concerns.

**Lt. Col. Gary A. Rosenberg**  
 Commander, US Army Garrison Bamberg

## **Community Announcements**

### **BSCC October Luncheon**

The BSCC will hold a "Pamper Me" luncheon Oct. 28 from 11:30 a.m. to 1:30 p.m. at the Warner Club. Lunch will cost \$15/person and the menu will include kurbis suppe, salad, bread and a dessert. There will be a guest speaker, prizes and a 30 minute massage and a "ready to bake" meal will be raffled off. If you would like to attend, please RSVP to [reservations@bsccgermany.com](mailto:reservations@bsccgermany.com) by Oct. 24.

### **Hispanic American Heritage Month**

Join us as the USAG Bamberg Community celebrates the diversity and rich culture of Hispanic Americans with food, dancing and entertainment on from 1:30 to 4:30 pm on Oct. 18 at the Warner Club ballroom.

### **FRG meeting — HHC, 16th STB**

Headquarters Company, 16th Special Troops Battalion FRG meeting will begin at 6 p.m. on Nov. 5, at Bldg. 7091, rm. 208. For more information, call Fritz DesRosches at DSN:469-7189 or CELL:0175-7502859 or email [fritz.desroches@us.army.mil](mailto:fritz.desroches@us.army.mil).

### **Bikes for rent**

Bamberg's Outdoor Recreation (ODR) now has bikes for rent. Not only can mountain bikers take advantage of the new offer, it's also perfect transportation for anybody who is waiting for their POV to arrive or for those who don't have a valid driving license. "I was very satisfied with the services that Outdoor Recreation gave me," Sgt. Daniel Fenwick wrote in an Interactive Customer Evaluation (ICE) comment card. "The idea of renting bikes for either sport or just plain transportation is outstanding. It came in handy for me because of the shipment of my POV. Keep up the good work!" Bikes are \$10 per day or \$40 for one week. All bikes come with the mandatory helmet and a lock. For mountain bikers, ODR offers mountain bike trips, call CIV:0951-300-8659 for more details.

### **Thrift Shop winter clothing consignment open**

The Bamberg Thrift Shop is now accepting winter clothes for consignment. We are always looking for volunteers. If you would like to volunteer, please come by the Thrift Shop and talk to Angela.

### **V.A. Benefits Briefing**

Ask the experts. Attend the next ACAP V.A. benefits briefing from 8 a.m. to 12 p.m. Nov. 6 at the Reel Time Movie Theater. A representative from the Department of Veterans Affairs will provide an overview of V.A. programs and services and will answer questions as well. Open to the entire community. For more information, call ACAP at DSN:469-8925 or online <https://www.acapexpress.army.mil>.

### **VA/DTAP Briefing**

ACAP will sponsor a briefing on the V.A. Disability Transition Assistance Program (DTAP) from 1 to 3 p.m. at Preston Hall on Nov. 6. A representative from the Department of Veterans Affairs

will discuss the Vocational Rehabilitation & Employment Program. This is an opportunity for transitioning Soldiers who are considering filing a disability claim with the V.A. to find out about program procedures. For more information, call ACAP at DSN:469-8925 or online <https://www.acapexpress.army.mil>.

### **DOL/TAP Workshop**

The Army Career and Alumni Program (ACAP) is offering 2.5-day Department of Logistics job assistance workshops for separating and retiring Soldiers from 8:30 a.m. to 4:30 p.m. (final day ends at 12:30 p.m.) at Preston Hall Nov. 18 through 20 and Dec. 9 through 11. All participants must complete pre-separation counseling prior to enrolling in this course. Please call your Bamberg ACAP Office for more information at DSN:469-8925.

### **Federal Job Application Seminar**

Interested in applying for a job with the Federal Government? The Federal Government requires a specific application which is different from what most civilian employers want. ACAP will hold a seminar to teach you how to apply for these jobs from 1 to 3 p.m. on Nov. 3. Interested persons must have completed the TAP Workshop prior to this seminar. For more information or to register, call ACAP at 469-8925 or register at <https://www.acapexpress.army.mil>.

## **Closures / Changes**

### **Transportation office closure**

The USAG Bamberg Transportation Office will be closed from Oct. 14 to 16 due to the ongoing renovation of the building. During the closure, the Transportation Office will move to the newly renovated ground floor, which will provide a more efficient and customer friendly facility. Customers are highly encouraged to schedule their PCS, Household Goods, and POV shipment appointments prior to or after these dates. In the event of an emergency during the closure period, customers may call DSN 469-8606 for assistance. This closure will not effect SATO travel services, which will remain open.

### **MWR facilities will return to normal opening hours**

- Community Activity Center will be open Mon. through Fri. 8 a.m. to 8 p.m., Sat. 11 a.m. to 8 p.m., American Holidays 10 a.m. to 6 p.m., closed Sundays.
- Freedom Fitness Facility will be open Mon. through Fri. 5 a.m. to 9 p.m., Sat. and Sun. 9 a.m. to 9 p.m., American Holidays 9 a.m. to 5 p.m., training Holidays 9 a.m. to 9 p.m.

### **Nieves Webb DFAC open**

The Nieves Webb Dining Facility in bldg. #7333 is open. Breakfast is from 7 to 9 a.m. and lunch is 11:30 a.m. to 1 p.m. The dining facility will also be open for Columbus Day weekend. Brunch will be served from 9:30 a.m. to 1 p.m. and dinner from 3 to 4:30 p.m.

### **Vehicle Registration Office closure**

Vehicle Registration Office will be closed on Oct. 13 in recognition of the U.S. national holiday.

**Send your Bamberg area classifieds to the Warner Weekly**  
at [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)! See page 11 for submission guidelines.

### Army post office changes lobby hours

The USAG Bamberg Army post office lobby hours are now Mon. through Fri. from 9:30 a.m. to 4:30 p.m.

### Elementary School front gates closure hours

The two gates that block through traffic in front of the Elementary School will be used to control cars and provide safety for the children. These gates will be closed from 7:45 to 8:10 a.m. and from 2:20 to 2:50 p.m. Only buses will be allowed in or out. Cars parked in the front of the school will need to stay parked until gates are open. Please use the side parking lot for picking up and dropping off students.

### Self Help Issue Point relocates

The Self Help Issue Point (SHIP) has relocated to bldg. 7123 (next to the Department of Public Works Supply Area) due to the increased mission of Department of Logistics in support of a Central Receiving Point/Installation Property Book Warehouse. See map below.



### Weekly Reminders

#### Charley's serving breakfast!



Charley's is now providing breakfast Mon. through Fri. from 8 to 10:30 a.m. Menu includes various combinations and platters, eggs to order including omelets, breakfast sandwiches, hash browns and pancakes.

#### AAFES open on Mondays



USAG Bamberg AAFES stores are now open Mondays from 10 a.m. to 7 p.m.

#### Combined Federal Campaign

The 2008 campaign will run through Dec. 3. Please contact the garrison Directorate of Human Resources at DSN:469-8241/7713. Make a World of Difference.

### Kids and Teens

#### Haunted House

The Boy Scouts, Cub Scouts and Girl Scouts will have a Haunted House on Oct. 29 and 30.

### Soccer team advances to USAEUR Tournament

The Bamberg Junior Child Youth and School Services soccer team are undefeated and will represent Bamberg at the USAREUR tournament in Kaiserslautern Nov. 7 through 9.

### Entertainment and Leisure

#### Franconia International Ski Club

The Franconia International Ski Club is looking for skiers, boarders, and those who want to just check out the mountains. Join us for raffle prizes and discounts on upcoming trips for members joining the first meeting. For more information email [franconia-internationalskiclub@yahoo.com](mailto:franconia-internationalskiclub@yahoo.com) or call Candace at 0171-9434672. Regular meetings will be on the second and fourth Tuesday of the month at the Maisel Keller.

#### Family Day Bowling

Birchview Bowling Center has Family Day bowling on Sundays from 12 to 9 p.m. Discount game fees and free shoes.

### Continuing Education

#### Army 102 classes available now

Army 102 is available Oct. 28 and 30 from 8:30 a.m. to 2 p.m. at Bldg. 7487. Free Childcare is available. The topics include: Stress Management, Communication, Creative Problem Solving and much more. For more information call, Mary Thompson at DSN: 469-7777 or CIV:0951-300-7777.

#### Ejército 101

Ejército 101 está disponible para todos en español Martes Y Miércoles Nov. 4 y 5 desde 8:30 a.m. para 13:30 p.m. Aprenda términos militares, las siglas, las costumbres. Cuidado de niños gratuito disponible! Para más información, llame al Mary Thompson en DSN:469-7777 or CIV:0951-300-7777.

#### Univ. of OK Masters in Human Relations program

Apply, enroll and start University of Oklahoma classes anytime. On-site and online classes available, no GREs required, and non-thesis program available. Advanced class preparation and a one week class session are required. OU faculty flies to local Education Centers to provide high-level instruction. Your degree will be recognized both nationally and internationally. Complete your degree in 16 to 24 months. For more information, contact Yadira Sanchez at DSN:467-3325 or CIV:09802-83-3325. Email [apansbach@ou.edu](mailto:apansbach@ou.edu) or visit [www.GoOu.OU.edu](http://www.GoOu.OU.edu).

#### Defense Language Institute resources available online

The Defense Language Institute Foreign Language Center (DLIFLC) activated its new Language Materials Distribution System (LMDS) website July 1, making available hundreds of language survival kits and other materials free of charge to deploying service members. To view the shopping cart, go to: <https://lmds.dliflc.edu>.

- The website offers Language Survival Kits - pocket size booklets with audio CDs, in over 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology.
- DLIFLC also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80-



hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.

- Language materials can be viewed, downloaded, and ordered at [www.dliflc.edu](http://www.dliflc.edu) under the Products tab. You must register and receive DLIFLC account approval before placing your order. Some products are not available for download to the general public.

### Central Texas College courses for Term 2

Education for the Individual, Term 2 registration will be Oct. 6 through 24, and the courses will run from Oct. 27 to Dec. 20.

- Automotive Electronics (AUMT 2437)  
Instructor : D. Van Lannen- Wed., Thur. and Fri. from 5:30 to 9:30 p.m.
- Early Childhood Development: 3-5 Years (CDEC 1335)  
Instructor: E. Marriott - Tue., Thur. from 6 to 8 p.m.
- Juvenile Justice System (CJSA 1317)  
Instructor: G. Cyrus – Mon. and Wed. 6 to 9 p.m.
- Dining Room Service (RSTO 1204)  
Instructor: J. Perez – Mon. and Wed. from 6 to 8 p.m.
- Purchasing for Hospitality Operations (RSTO 1325)  
Instructor: J. Perez – Tue., Thur. from 6 to 9 p.m.

Online classes begin once a month. For more information, call Sonia Rivera at the Bamberg Education Center DSN:469-7467 or CIV:0951-300-7467

### University of Phoenix offers online and onsite courses

University of Phoenix is offering graduate degrees on site and online. Located at Warner Barracks Education Center. University of Phoenix, Bldg. 7047, Room 309 from 7:30 a.m. - 4:30 p.m. or contact DSN 469-9280 or [Joline.Powell@Phoenix.edu](mailto:Joline.Powell@Phoenix.edu).

## Health and Fitness

### Podiatrist at Bamberg Health Clinic monthly

The MEDITEAM Podiatrist will be at the Bamberg Health Clinic for insole and insert fittings for active duty Soldiers the first Wednesday of every month. Please sign up at the front desk. For more information, contact the Bamberg Health Clinic at DSN:469-9215.

### Women's mountain climbing classes

Are your kids making you want to climb the walls? If so, this is the class for you! You will learn the basics of rock climbing including knots, belaying, proper equipment fitting and technique. Climb for three mornings indoors and two days outside in the Franken Jura (weather permitting). Meet at JFK Gym from 9 to 11 a.m. on Oct. 16 and at ODR for outdoor climbing on Oct. 23 and 30 from 8:30 a.m. to 2:30 p.m. for climbing in the Franken Jura area (weather permitting). The class fee (\$159) includes: Five climbing sessions with instruction, all necessary equipment and transportation for the Oct 23 and 30 classes at Franken Jura. You will need clothes you can move in, short fingernails and lunch for the last two classes. Sign up at Bamberg ODR, Bldg. 7047.

### Lose weight and enjoy friendly weight loss competition

A Body Fit For you Weight loss program at the FFF "Lose weight and enjoy a little friendly weight loss competition". Teams will be

formed after sign-up. Registration ends on the 25th of September. Limited space available. For more info, please call Ayla Biggerstaff at 0171-496 9539 or e-mail [abodyfitforyou@hotmail.com](mailto:abodyfitforyou@hotmail.com).

### Enough lounging in the sun ... Let's get fit!

A Body Fit For You classes are available at the Freedom Fitness Facility. For more information on these classes or a personal trainer, contact Ayla at 0171-4969539 or email her at [abodyfitforyou@hotmail.com](mailto:abodyfitforyou@hotmail.com).

- Mon.: 8:30-9:30 a.m. Pilates
- Mon: 6-8 p.m. Boot Camp
- Tue.: 8:30-10:30 a.m. Boot Camp
- Wed.: 8:30-9:30 a.m. Pilates
- Thu.: 8:30-10:30 a.m. Boot Camp
- Thu.: 6-8 p.m. Boot Camp

## Trips and Travel Opportunities

### Take a trip with Bamberg Outdoor Recreation (ODR) in October

#### Oct .9 Tour Under Bamberg \$20

Join ODR on Oct. 9 for a unique tour through the tunnels under Bamberg. It will give you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs ODR at 5 p.m. and returns approximately 7:30 p.m.

#### Oct. 11 to 13 Glacier Skiing and Riding \$225

Can't wait for winter? Head to Austria for some early season glacier skiing and riding with Bamberg ODR Oct. 11 through 13. Trip includes transportation and lodging with breakfast and dinner. Get reduced rentals and tuning at the ODR ski shop. Intermediate and above only. Departs ODR at 10 a.m. Oct. 11 and return at approx. 10 p.m. Oct 13.

#### Oct. 17 Dinner and Wine Tasting \$55

Looking for something different from Outdoor Recreation? Enjoy a three-course dinner and tasting of five wines at nearby historic Schloss Buttenheim on Oct. 17. Wine and gourmet items will be available for purchase, bring a VAT form! Includes transportation. Departs ODR at 6p.m., returns approximately 11:30 p.m.

#### Oct. 25 Crystal Shopping \$20

Looking to get a head start on your holiday shopping? On Sat., Oct. 25 we'll take you to Neustadt, home to the Nachtmann factory and numerous crystal and glass shops. Includes transportation. Don't forget your VAT forms! Departs ODR 9 a.m., returns approximately 5 p.m.

*You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, bldg. 7047. All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted.*

**The "Ready Army" awareness campaign starts NOW!**

## Outside the Gate

### Weekend Events in and around Bamberg for Oct. 10-17

Frequently used locations can be found online at [www.bamberg.army.mil/sites/map.pdf](http://www.bamberg.army.mil/sites/map.pdf). When no town name is listed at the end of the event, it is being held in Bamberg.

#### Friday, Oct. 10

- 5 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 7 p.m. "Undine" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30, Bamberg
- 8 p.m. "R.I.O. – Rock in Oberfranken" Preliminaries for the area Bamberg/Forchheim at Live-Club, Obere Sandstraße 7, Bamberg
- 8 p.m. "Sebbo" Vocoustic music at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1, Bamberg
- 9 p.m. "Band at Work" Rock, Rhythm & Blues and Soul classics at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Big Sound Jack" Rock classics of the 60's and 70's at Sängenheim Gaustadt, Aufbaustraße, Bamberg (entrance fee: 5 Euros)
- 9 p.m. "The Fraterman" relaxed sounds and musical program that consists of original compositions at Jazzkeller, Obere Sandstraße 18, Bamberg
- 11 p.m. "Funky Safari" funk . soul . disco . electro feat. geeefefonque at Morph Club, Siechenstraße 7, Bamberg

#### Saturday, Oct. 11

- 8:30 a.m.-6 p.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 10 a.m.-8 p.m. "Rama Dama" the business flea market in downtown Bamberg (pedestrian zone)
- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 7 p.m. "Country evening" at the area of the sports club TSV Viktoria Staffelbach, Staffelbach, 96173 Oberhaid
- 7:30 p.m. "Songs on a fall evening" enjoy a musical evening with candle light and some wine at Studio 13, Luitpoldstraße 40, Bamberg
- 8 p.m. "Kümmel" presents music of Bob Dylan, The Doors, Muddy Waters, Blind Melon at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. "Vanguart live" band from Sao Paulo (Brazil) at Sound'n Arts Club, Sandstrasse 20, Bamberg
- 9 p.m. "Breeze" Songs like summer winds at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Tango Argentino" dance evening Tango y mas at Haas-Säle, Obere Sandstraße 7, Bamberg
- 9 p.m. "Tingvall Trio" Swedish band at Jazzkeller, Obere Sandstraße 18, Bamberg
- 11 p.m. "Blockrocking beats" fusionhouse, funkin' breaks, techno, electro feat. Fischer at Morph Club, Siechenstraße 7, Bamberg

#### Sunday, Oct. 12

- 10 a.m.-5 p.m. "Apple market" everthing apples at downtown Gundelsheim
- 10 a.m.-6 p.m. "Fall and farmers market" in Strullendorf, Lindenallee
- 10 a.m.-5 p.m. "Arts and crafts market" at Abtenberghalle, Ebinger Straße 20, 96179 Rattelsdorf
- 10 a.m.-8 p.m. "Rama Dama" the business flea market in downtown Bamberg (pedestrian zone)
- 11 a.m.-6 p.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 1 p.m.-6 p.m. All stores are open for business downtown Bamberg
- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 2 p.m. "Winefest" at Dorfgemeinschaftshaus Mühlendorf, Weiherstr. 2, 96135 Stegaarach-Mühlendorf
- 5 p.m. "Organ concert" at church St. Magdalena, Magdalenenstr.,

96129 Geisfeld

- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1, Bamberg
- 8 p.m. "Attila Vural" guitarist at Blues Bar, Obere Sandstraße 18, Bamberg

#### Monday, Oct. 13

- 8:30 a.m.-6 p.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 7 p.m. Piano-Live at Hofbräu Restaurant & Bar, Karolinenstr. 7, Bamberg
- 9 p.m. "SCHWOF" the cult disco party, all drinks are half price at Live-Club, Obere Sandstr. 7, Bamberg.

#### Friday, Oct. 17

- 8:30 a.m.-6 p.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 6 p.m. "Literary walk through the Hain" (German) an E.T.A. Hoffmann walk through the park at the Hain area, meet at parking lot Hain, Ecke Hainstraße/Heinrichsdamm, Bamberg
- 7 p.m. "Don Juan" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30, Bamberg
- 7 p.m. "Witch hunt in Bamberg", (german) cultural and historical city tour, Alte Hofhaltung, Domplatz 7, Bamberg
- 7:30 p.m. Concert of the Bamberg Symphonic Orchestra, Konzert- und Kongresshalle - Joseph-Keiberth-Saal, Mußstraße 1, Bamberg
- 8 p.m. "No Lyrics" Jazz music at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1, Bamberg
- 9 p.m. "Jens Wimmer Boogie Trio" live music at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 11 p.m. "greenclub" rap, funk, deutsch-rap at Morph Club, Siechenstraße 7, Bamberg

#### Saturday, Oct. 18

- 8:30 a.m.-6 p.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 5 p.m. "Winefest" public Winefest with musical entertainment at Gasthof Alte Mühle, Brückenstr. 19, 96135 Stegaarach-Mühlendorf
- 7 p.m. "Bockbieranstich in Weiher" bock beer season starter with keg tapping at Brauerei - Gasthof Kundmüller, Weiher 13, 96191 Viereth
- 7 p.m. "The sandman" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30, Bamberg – tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de)
- 7:30 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1, Bamberg
- 8 p.m. "Willi Dentler & the new experience" live music at Blues Bar, Obere Sandstraße 18, Bamberg
- 9 p.m. "SLOP" classic rock at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "The go faster nuns" live band at Live-Club, Obere Sandstraße 7, Bamberg
- 11 p.m. "beat virus feat. DJ Dag" at Morph Club, Siechenstraße 7, Bamberg

#### Sunday, Oct. 19

- 2 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 11 a.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 12 p.m. "Herbstmarkt" Fall market with sales booths and stores being open for business downtown Hirschaid, Ortszentrum, Rathaus-/

(Continue on page 9)



- Bamberger Straße, Hirschaid
- 1 p.m. "Bridal fashion show" at Haas-Säle, Obere Sandstraße 7, Bamberg
  - 3 p.m. "The little Polar bear" (in German) kids play based on the children's book by Hans de Beer at Werkstatttheater in der Grafensteinstraße, Grafensteinstraße 16, Bamberg
  - 5 p.m. Bamberg's Basketball team "Brose Baskets" will play the "VPV Giants Nördlingen" at Jako-Arena, Forchheimer Str. 15, Bamberg (tickets available at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de))
  - 6 p.m. "Organ concert and choir" at church St. Johannes d. T., Pfarrer-Weisenberg-Str. 2, 96132 Schlüsselfeld

## **As seen in the NEWS ..**

### **As seen in the Frankischer Tag**

#### **Monopoly — Bamberg edition**

The classic board game "Monopoly" is now available as a special Bamberg edition. Instead of a board with the classic street names, this one has 22 well known Bamberg street names. Bamberg is becoming the fourth Franconian city with its own special version. For the first edition only 2000 games were manufactured – but not to worry. If the demand needs more, it only takes several weeks to make more. The Bamberg Monopoly game costs 39.95 Euros and is available at the tourist center and local book stores.

#### **Evening scare for occupants**

An alarm was in effect just across from the Bosch company building last Saturday evening. A fire broke out in the attic of an apartment building in Robert-Bosch-Strasse at around 9 p.m. There was no danger for the occupants since the fire was noticed early on, but the fire department evacuated the burning building as well as the adjacent building for security reasons. The cause of the fire is still under investigation. The damage to the attic is an estimated 20,000 Euros.

#### **Löwenbridge (Löwenbrücke) lower than initially planned**

Now it is certainty: The completion of the renovation of the "Löwenbridge" will be delayed at least for another three months. According to the public construction authority the bridge won't be finished until the end of February 2009 at the earliest. If Winter turns out to be exceptionally cold it may delay completion further. When construction started in March of 2007, the plan was to re-open the bridge in October of 2008. However, due to construction and structural issues it was already obvious in 2007 that the timetable was not being met. A measurement report also disclosed that the finished bridge will be 60 millimeters lower than planned but this is not going to cause any future problems.

#### **Unknown perpetrator assaulted two women**

Possibly the same man assaulted two women on Tuesday afternoon and in the early Wednesday morning hours. The first incident happened in broad daylight around 4:20 p.m. in the afternoon. A 21 year-old woman was jogging along Adenauerufer when she was inappropriately groped by a male bicycle rider. When she started to scream and trying to fight the man off he quickly fled the scene in the direction of Kunigundendamm. The second assault happened in exactly that area, a few hours later. At around 12:30 a.m. a 26 year-old woman on her way home was attacked by a man who also groped her in an obvious inappropriate way.

The description of the attacker is similar in both cases so Police think it might have been the same man. The Police are looking for a man 20-30 years old, around 5'6" to 5'8" tall, his build was described as athletic, with short, dark hair and he was wearing Jeans and a sweat shirt.

# Post office tracking absentee ballots

By Douglas DeMaio,  
USAG Bamberg Public Affairs

traordinary action, the process runs relatively smoothly.

way to get the ballots to the voters, Stewart said.

For those of you who haven't yet received your absentee ballot, don't worry; the post office will find you.

At least that's what the Bamberg Regional Post Office has been focusing a large effort toward.

"We're busting our buns making sure everyone gets an opportunity to vote," said Douglas Stewart, Postmaster.

Stewart said that overseas post offices are tracking absentee ballots and are required to provide daily reports regarding the progress of each individual absentee ballot.

The post office records the ballots in one of three categories, either received, delivered or redirected. When the ballots are delivered to the recipient without any ex-

With Soldiers deploying or moving with their Family from one post to another, mail can often have an arduous journey in reaching the hands of its recipient, extraordinary circumstances. If a recipient cannot be located, the ballot may be redirected and the process could be time consuming, Stewart said.

However, if Soldiers properly process into and out of the Community Mail Room (CMR) or when they deploy or PCS, their information will be entered into the Postal Automated Mail System, Stewart said. This system will identify where mail should be sent and the Soldier could receive his ballot in a matter of days.

Registering with the Community Mail Room mail is the easiest and most ideal

However, some people may forget to process at the CMR, which makes Stewart's job change from a postmaster to a kind of skip tracer, an investigator whose job is to locate missing persons. Stewart has been resourceful in locating Soldiers missing their absentee ballot by using Army Knowledge Online and Global name searches.

"We're required to track them by all means necessary," he said.

With tools like AKO, the grueling task of finding a person's whereabouts and delivering their absentee ballot is becoming much more simplified, but the best possible way to get your absentee ballot, Stewart said, is to register with the community mailroom or fill out a change of address form at <https://moversguide.usps.com>.

**Waiting to receive your ballot? Visit your Community Mail Room**

# COLA, OHA rates drop

## Spending power of dollar rises simultaneously

Story by Sgt. Maj. Cameron Porter  
21st Theater Sustainment Command Public Affairs

During the month of September, the Overseas Cost Of Living Allowance for Germany decreased by more than 15 percent for servicemembers and by 23 percent for civilians while the Overseas Housing Allowance experienced an approximate 8 percent reduction.

But the impact is less of an issue than many Soldiers, Airmen and their Families realize because their dollars will now buy more euros than they would have a month ago, said Policy Director Lt. Col. Thomas Seelig, 266th Financial Management Center, 21st Theater Sustainment Command.

To better understand how this works, it is important to understand the facts about this overseas allowance. COLA is only paid in locations where overseas costs are higher than U.S. costs and is based on the foreign currency exchange rate, the data collected by means of a Living Pattern Survey every 3 years and an annual Retail Price Report.

"Retail Price Report surveys capture the current prices of 120 selected items, ranging from steak to haircuts, from dry cleaning to children's sneakers," said Steven Westbrook, the director of the Per Diem, Travel, and Transportation Committee.

But the most volatile change pattern is the one due to currency exchange rates, Westbrook said. The Per Diem Committee may change COLA rates up to twice a month on the basis of currency exchange rates.

Overseas COLA is designed to keep the purchasing power of servicemembers assigned to high-cost overseas locations at par with their counterparts in the continental United States. The principal cause of the recent reductions is the recovery of the U.S. dollar against the euro. This translated into significant COLA and OHA reductions on the September 2008 Leave and Earnings Statement.

For example, a single enlisted Soldier living in the barracks will lose approximately \$40 per month in September, while senior enlisted and officers with families and private quarters could lose several hundred dollars in COLA and OHA combined.

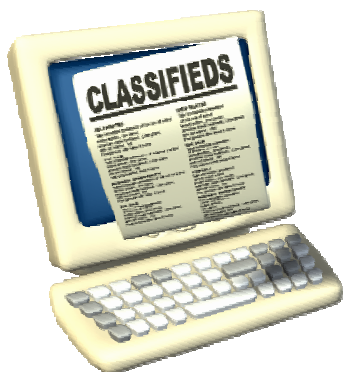
But according to Westbrook, the off-post buying power is the same.

"People look at getting fewer dollars as being bad, but there is really no change in buying power at all," Westbrook said.

"You're spending X amount of money in dollars and X amount of money in euros," said Westbrook. "What is owed to you is the amount of dollars needed to pay for the amount of euros you are spending."

About a month ago, 100 euros would have cost about 160 dollars, but with exchange rate as of Sept. 18, consumers can now exchange about 142 dollars for 100 euros.

 <b>Bamberg Movie Schedule</b> AAFES Reeltime Theater is CLOSED Tue. and Wed.			
Fri.	Oct. 10	Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 4	The X-Files: I Want To Believe (Pg-13)	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sun.	Oct. 5	The Mummy: Tomb of The Dragon Emperor	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 6	The X-Files: I Want To Believe (Pg-13)	7 p.m.
Thur.	Oct. 9	The Mummy: Tomb of the Dragon Emperor	7 p.m.
Fri.	Oct. 10	Eagle Eye (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 11	Eagle Eye (Pg-13)(1strun)	4 p.m.
		Step Brothers (R)	7 p.m.
Sun.	Oct. 12	Swing Vote (Pg-13)	4 p.m.
		Eagle Eye (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 13	Step Brothers (R)	7 p.m.
Thur.	Oct. 16	Swing Vote (Pg-13)	7 p.m.
Fri.	Oct. 17	Pineapple Express (R)	7 p.m.
Sat.	Oct. 18	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		The Sisterhood of the Traveling Pants 2 (Pg-	7 p.m.
Sun.	Oct. 19	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		Pineapple Express (R)	7 p.m.
Mon.	Oct. 20	The Sisterhood of the Traveling Pants 2 (Pg-	7 p.m.
Thur.	Oct. 23	The Sisterhood of the Traveling Pants 2 (Pg-	7 p.m.
Fri.	Oct. 24	Body Of Lies (R)(1strun)	7 p.m.
Sat.	Oct. 25	Star Wars: The Clone Wars (Pg)	4 p.m.
		Body Of Lies (R)(1strun)	7 p.m.
Sun.	Oct. 26	Star Wars: The Clone Wars (Pg)	4 p.m.
		Tropic Thunder (R)	7 p.m.
Mon.	Oct. 27	Body Of Lies (R)(1strun)	7 p.m.
Thur.	Oct. 30	Tropic Thunder (R)	7 p.m.
Fri.	Oct. 31	Quarantine (R)(1strun)	7 p.m.



## AUTOMOBILES FOR SALE

2000 Ford Mustang for sale color: white, asking price: \$7000.00-\$6500.00. Vehicle includes: cd/tapedeck, rear window defroster, fully powered driver's seat, power steering, two 500w bass tubes w/ hook-up cording (easy to hook up), floor heating, new battery just installed, currently in the process of adding new smokey black headlight sets, lights are legal for use. Vehicle has 66,000 miles on it. If interested contact me (Jacques Anderson) at 09512974215 or email me [westcoasrydah80@hotmail.com](mailto:westcoasrydah80@hotmail.com)

1997 Pontiac Firebird, 99K miles, silver, t-tops, manual transmission, good all-weather tires, alloy rims, new power steering pump, new full clutch assembly, added speaker. Runs great! Good gas mileage for a 6 cyl. Hate to let it go but must sell, 3 kids 2 rear seat belts doesn't work! Asking \$5100 (NADA recommended price) Call or email Stephanie @ 01705883916 or 09512972052, [screech.n.carmie@yahoo.com](mailto:screech.n.carmie@yahoo.com).

1983 Honda Silverwing motorcycle, low miles, very good condition, extra brake pads and logos. Currently registered non-op due to no bike license. Needs battery. Runs great!!! Asking \$1000 OBO Call or email Stephanie @ 01705883916 or 09512972052, [screech.n.carmie@yahoo.com](mailto:screech.n.carmie@yahoo.com).

Ford Escape 2003, 4dr, White, 67,000 miles, us specs, automatic. In great condition, inspection current. Available end of September. \$7,800 Contact [kathryn.carter@amedd.army.mil](mailto:kathryn.carter@amedd.army.mil).

2001 Ford Windstar LX van. 57,300 miles. Great condition. A/C Power windows, door locks and steering. ABS. Tinted windows. 7 passenger. AM/FM CD. Runs strong on Autobahn. Never let us down. Asking \$6,000. 0951-2974241 or 0163-8091683.

'89 Black BMW 500 series, power windows and locks, sunroof, brand new front and back brakes. Some work required, this is not a car for someone who can't change their brakes or oil. Paid \$1700 one year ago, asking \$700. For more details email [aaronbr@hotmail.com](mailto:aaronbr@hotmail.com).

Honda Accord EX, '04, 42,000 miles, dual electric / heated seats, in dash 6 CD changer, moon roof, 1 owner, \$15,000. Please contact 0951-297-1203.

Hyundai Accent 2dr 1998. \$1750. 57,000 miles, US Specs, manual transmission. Good second car. Service Documents on hand. Looks great and runs great. Inspection good through March 2009. 0151-175-44266.

2004 Chevy Venture Van, White, AC, Automatic, US Specs, Excellent Condition, 30,000 miles, \$10,000 OBO. Call 0170-7219159 or 09546594733.

White and silver 2007 Honda Shadow Aero. Bike has been well taken care of; I will be happy to show you it. Has never been dropped or damaged. All scheduled maintenance has been kept up as well. VIN can be provided to maintain integrity. As of now the bike only has 1442 miles on it! Odometer reading is as of 07 June 2008. Expected accumulated average mileage for a motorcycle of this model year and engine displacement is 10,600 miles. This is truly a steal! Kelley Blue Book Trade-In value for this bike is \$3,840 and the KBB Retail is \$5755. Average of the two is \$4,700; asking price is \$4,800. If you are interested please send me an email at [jonathan.galchik@us.army.mil](mailto:jonathan.galchik@us.army.mil) or call at (0951) 301-5698.

## FOR SALE

FOR SALE: 37" JVC TV and Panasonic Home Theatre System. TV is older tube style but works great for AFN, DVD's and games. Home theatre system has 6 speakers and perfect for housing and includes a 5 disc DVD changer. \$100. 0171-922-8194. (10.03.08)

Bowling ball for sale: Brunswick Teal Rhino 15 lb. ball. New (never used). \$100. I have pictures. Email me if you want to see them at [elytim\\_b@hotmail.com](mailto:elytim_b@hotmail.com). (10.03.08)

PCS SALE! Lawn mower \$75, large AFN satellite dish \$50, 2000 Watt transformer \$50. 0151-529-77501.

Coach Purses x3, each used twice, large brown includes wallet, med black includes wallet. Small brown. Email for pictures and low prices PX does not have these. [kathryn.carter@amedd.army.mil](mailto:kathryn.carter@amedd.army.mil)

\*PCS SALE\* 220V Air Conditioner, free-standing with mobile wheels. Works Great! \$275, 220 volt ELTA heater/fan \$20, set of 2 IKEA paper lamps (very modern/nice for an asian appeal) \$25, IKEA picture light (neat for a big picture) \$25, 220 volt, Iron \$8, 220 Volt Fan \$10, small stand w/ drawers & cabinet, \$25, Armoire- Dresser-Nightstand-MAKE US AN OFFER! We also have transformers however will be using them until HHG are picked up so call/ email us if you are interested! \*PCS SALE\* Call 0951-297-2203 or email [non\\_nhoj@yahoo.com](mailto:non_nhoj@yahoo.com)

For sale baby swing-\$10, Baby Einstein Discover & Play-\$30, Pack & Play-\$25, Double Stroller-\$40, Bassinet-\$30, Monitor video (new) \$50. Lots of boy clothes. Pictures available. Call 0951-297-2036 or email [reyesivonne07@yahoo.com](mailto:reyesivonne07@yahoo.com).

Maya wrap. Purple shades. Has not been used. Comes with instructional DVD. Paid \$50. Asking \$30. Please email [casmarid@yahoo.com](mailto:casmarid@yahoo.com).

German bed, 160cm x 200cm, in great condition with 2 fairly new latex mattresses and large storage areas inside bed frame. Asking price is \$600. Must sell! Pick up only! Bamberg area. Can email pics. 0175-7914858.

900MHZ Hp pavilion desktop computer with monitor, keyboard, mouse and speakers. Good condition. Asking \$350. Brand New Dual 12 inch Band pass subwoofer box. \$150 MUST SELL! Bamberg Area. 0175-7914858.

German room shrank, four door (90" tall x 26" wide x 132" long). Two doors with full length mirrors. Paid \$500 a year ago, selling for \$200 obo. MUST SELL! Can email photos. Call 0951-297-6645. No delivery. Bamberg.

## SERVICES AVAILABLE

*Due to legal regulations regarding advertising of commercial services, we will no longer be able to place advertisements for home based services in the Warner Weekly. For more information see AE Reg 210-70, para 10.a. which prohibits DoD funded publications, other than commercial enterprise publications (the Warner Weekly is not yet a commercial enterprise publication), from carrying commercial advertising. These DoD-funded publications include newspapers, magazines and all other publications funded with appropriated funds.*

## SERVICES WANTED

German language tutoring for myself and my son in the Hirschaid area, or at the Barracks directly after work hours for 2 hours each week. Please contact me with serious offers. Could be a great opportunity for a mature, high school person. Must be organized. Contact Allye 0172 839 5048.

## MISCELLANEOUS

Have a passion for dancing Salsa, Merengue, Bachata and live within the Bamberg, Schweinfurt, Vilseck areas?

Looking to form a DANCE group to keep each other informed of Latin Nights or Salsa events in the Bavaria region and perhaps even carpool to some events. Not for gossip or singles meet - just pure dancing. Spanish speaking not required! For more information go to <http://groups.yahoo.com/group/dancelatinmusicbavaria>.

Centro Cristiano Bamberg, Casa de Dios y Puerta del Cielo, Pastors JC and Mariet Perez are located at 29 Jack Strasse, 96052 Bamberg. Circle of Prayer held 6 p.m. Tue., Fri. Services at 7 p.m., Sunday School at 10 a.m. and Sunday Service at 11:30 a.m. For more info visit our web site at [www.centro-cristiano-bamberg.com](http://www.centro-cristiano-bamberg.com) or call: 0160-438-5011 or 0151-524-16221.

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Wednesday night Bible studies are at the chapel from 5:20 to 7 p.m. Come join us as we worship, celebrate and get to know our Lord. Call Traudi Figura at 469-1570.

## AD SUBMISSIONS

The Warner Weekly is now offering the USAG Bamberg community another outlet for their classified advertising needs. We present this week's ads courtesy of the Bavarian News, but our goal is to provide you, the Bamberg community, a direct outlet for your classified needs. If you have something you want to advertise in the classified section please e-mail your submissions to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services, home-based businesses, or other private off-post entities.

We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, please email us at [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

# ATTENTION GAS CUSTOMERS!!

All AAFES gas customers are now  
required to show ID card,  
registration, and ESSO gas card  
before pumping their gasoline.



# Breast cancer awareness begins with knowing your body

Bavaria MEDDAC Public Affairs Office

According to the American Cancer Society, the two most important risk factors for breast cancer are being a woman and growing older. If other family members have breast cancer, the risk for getting breast cancer increases. Families with alterations in BRCA-1 and BRCA-2 genes carry a higher risk of breast, ovarian, colon, stomach and prostate cancers. However, all women can get breast cancer, even those who have no family history of the disease.

Monitoring, or screening, is very important in the prevention of breast cancer. In addition while gender, age or inheritance cannot be changed, lifestyle and habits can aid in prevention efforts.

The good news is that through early detection and improved treatments, more women than ever are surviving breast cancer. The American Cancer Society states that women who are diagnosed with breast cancer, when the cancer is small and has not spread, have a high chance of survival.

Mammograms are the best way to find breast cancer early. If you are a woman who is at least 40, make time to get your mammogram on an annual basis. If you have a family history, or very lumpy breasts that make it difficult to detect changes, you may need a baseline mammogram at an earlier age. Mammography can detect breast cancer up to two years before the cancer is large enough to be palpable. On average, mammography will detect about 80 to 90 percent of breast cancers in women without symptoms. Call your TRICARE benefits office to find out how to schedule your mammogram.

Clinical breast exams done by a doctor or nurse should be part of your periodic health exam beginning in your 20s.

Make an appointment with your nurse practitioner, physician or physician's assistant. A routine exam and discussion of preventive care can be done in a 30-minute appointment. Doing your own monthly self-breast exam is a great way to get an understand what "normal" is for your breasts, and you will be more likely to

detect changes early. Seventy percent of all breast cancers are first detected by breast self-exams.

The greatest, most preventable risk to your overall health is tobacco use – just quit – the health clinic has cessation advice to help you. Limit your alcohol intake. Maintain a healthy weight - reducing dietary fat and including fruits and vegetables can reduce cancer risk. Exercising every day has been shown to increase the quality and length of life.

The Bamberg Health Clinic will conduct Breast Cancer Screenings from 7:30-11:30 on Oct.10. For more information, call DSN:469-1750.

To find out more about ways to reduce your breast cancer risk and live a healthy life visit:

[www.cancer.org](http://www.cancer.org)  
[www.womenshealth.gov](http://www.womenshealth.gov)  
[www.cdc.gov/cancer](http://www.cdc.gov/cancer)  
[www.familydoctor.org](http://www.familydoctor.org)  
<http://www.cancer.gov/cancertopics/types/breast>

## 1. Know your risk

- ☐ **Talk to your family** to learn about your family health history
- ☐ **Talk to your doctor** about your personal risk of breast cancer

## 2. Get screened

- ☐ **Ask your doctor** which screening tests are right for you if you are at a higher risk
- ☐ **Have a mammogram** every year starting at age 40 if you are at average risk
- ☐ **Have a clinical breast exam** at least every 3 years starting at 20, and every year starting at 40

## 3. Know what is normal for you

- ☐ See your health care provider right away if you notice any of these breast changes:
  - Lump, hard knot or thickening
  - Swelling, warmth, redness or darkening
  - Change in the size or shape of the breast
  - Dimpling or puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts
  - Nipple discharge that starts suddenly
  - New pain in one spot that does not go away

## 4. Make healthy lifestyle choices

- ☐ Maintain a healthy weight
- ☐ Add exercise into your routine
- ☐ Limit alcohol intake

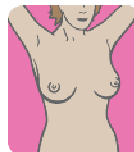
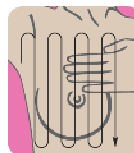


### Step 1: Lying Down

Feel for changes:

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand

These steps may be repeated while bathing or showering using soapy hands.



### Step 2: In Front of the Mirror

Look for changes:

- Hold arms at your side
- Hold arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



For more information visit our website or call our breast care helpline.

[www.komen.org](http://www.komen.org) 1-877 GO KOMEN (1-877-465-6636)

Studies have shown that BSE used alone does not decrease mortality rates. Susan G. Komen for the Cure does not provide medical advice. ©2008 Susan G. Komen for the Cure® Item No. B06-01301-EN, English 7/08

## Sky Soldiers

(Continued from page 1)

primary Jumpmasters to follow.

The primary Jumpmasters along with the assistant Jumpmasters led the paratroopers from the PAHA to the pre-jump training area right outside. The Sky Soldiers practiced their parachute landing falls (PLFs) by jumping off a platform. The paratroopers also practiced static line control, followed by jumping out of a mock door. Then the Jumpmasters went through emergency activation of their reserve parachute, jump refusals, red-light procedures, and jump commands inside the aircraft.

After the pre-jump training, the Soldiers were issued their T-10 Parachute and their reserve parachute, and returned to the PAHA to don their equipment and wait. During the wait and before the first chalks hit time, the Jumpmasters performed multiple checks on each Soldier's parachute and on the proper fit of the equipment.

Cpt. Jeffrey Pickler, 173rd ABCT Headquarters and Headquarters Company Commander, a Jumpmaster with 27 jumps, could have been speaking for the entire "Herd" when he said in the PAHA that he was "feeling good, it's a Hollywood."

The scheduled refresher jump was a non-combat, non-tactical jump, commonly referred to as a "Hollywood Jump". A Hollywood Jump means the only equipment a paratrooper wears is the primary T-10 and the reserve parachute, besides the Army advanced combat helmet, a load bearing vest, ID cards, and ID tags. This is a con-

siderable load difference compared to a combat jump which can be as much as 150 pounds more.

Out on the DZ, called Frida 1, the paratroopers had some hazards to watch out for. The first and the easiest to see was a line of trees to the left and a large berm running the entire length of the right side. Next was a rocky riverbed bordering the left side, followed by the numerous bomb craters, some of them up to 8 meters wide. In the distance were power lines, a barb-wired fence, some hay bails, and throughout the DZ, the occasional scattered rocks.

That said, Frida 1 is mostly a flat, wide open area made up of taller grass situated in the middle of a large hay field with the Carnic Alps providing 100 kilometers of background scenery.

With clear skies and no wind, the first chalk of Sky Soldiers got the green light. The paratroopers were airborne over the drop zone right on schedule. All made it to the ground with no incidents or injuries.

For the 173rd ABCT, airborne operations are one of the six core competencies the brigade holds itself to be fundamentally skillful and proficient in, according to Sgt. 1st Class Manuel Torres III, 39, from Susanville, Calif., the 173rd Brigade NCOIC for airborne operations. Without getting all the Jumpmasters and safeties up to date with their training and certifications, the scheduled October brigade jump for all the other Sky Soldiers could not take place.

The brigade wants the Sky Soldiers going back over the basics the Army way: crawl, walk, and run, with the Jumpmasters leading the way, according to Torres. For the 173rd that would mean complete airborne proficiency coupled with ability to conduct an airfield seizure anywhere in the world putting troops and equipment on the ground in as little as 24 hours.

It's a big task that takes a lot preparation and effort but in the end, it's an enjoyable one according to 1st Sgt. Buss Wood, 42, from Terre Haute, Ind., Headquarters and Headquarters Company, 1st-503rd.



## DeCA

(Continued from page 1)

commissary's Front End Lead.

"(Customers) are happy to wait in line for the self-service registers when they only have a few items, rather than getting in a full service register line."

Sometime this year, a three tiered meat cooler will be added to the meat department. It will extend from the far right corner toward the pre-packaged salads. If you've seen the store, you might think it will be a reduction in storage space, but because the new cooler it is a three tiered cooler it will almost double the current storage capacity. Upright freezers will fill the vacated meat cooler area. These new freezers will add at least four times more freezer storage.

For a commissary as old and small as our commissary, these

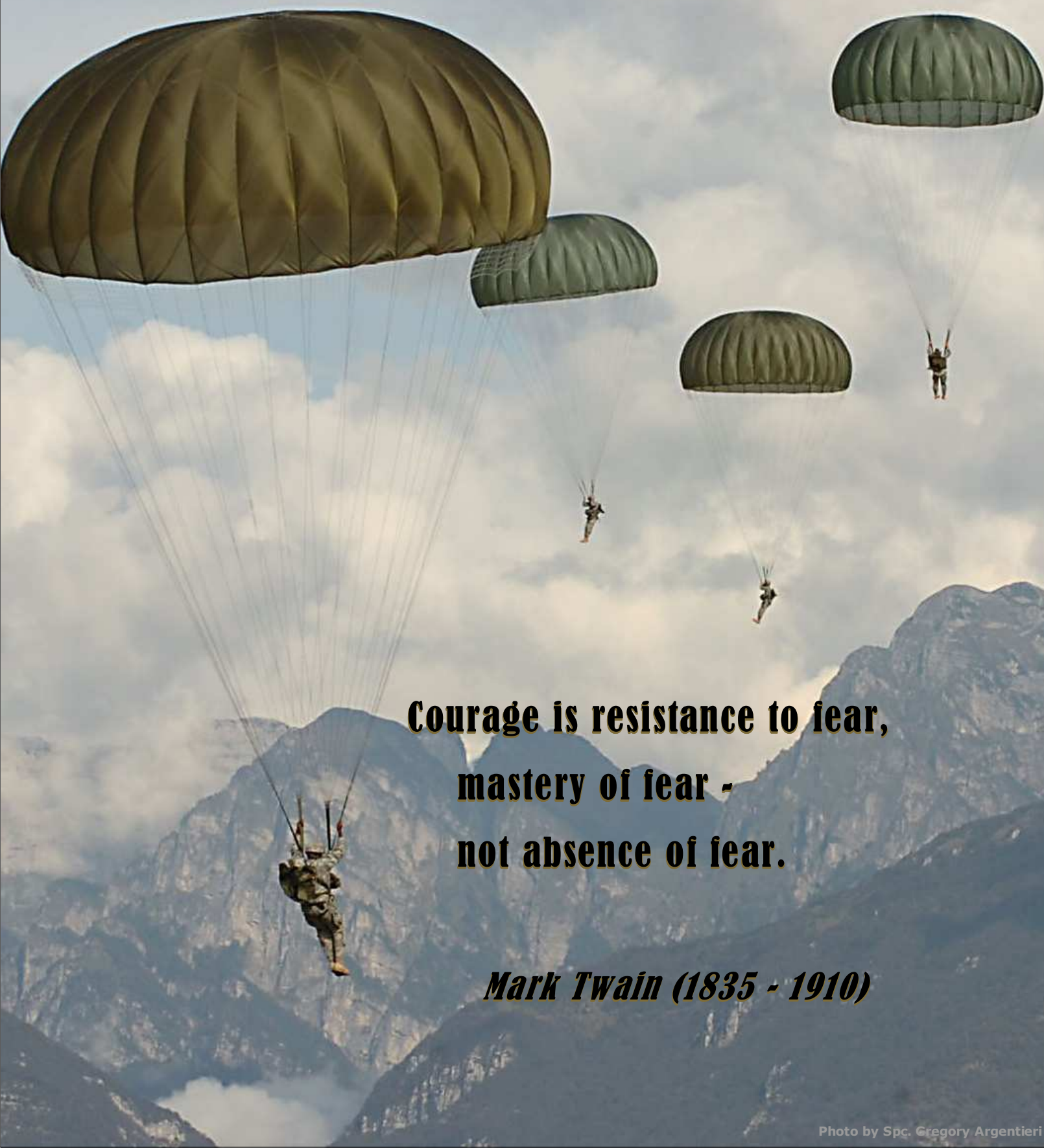
improvements are critical to overall performance and increased bottom line figures. The improvements will enable the store to carry a larger variety of items and increase the items they already stock. In turn, the customers will be happier and a happy customer an enjoyable customer experience.

But Mitzner knows from experience that you can have all the stock in the world and still have unhappy customers. With that in mind the staff works very hard to be pleasant to customers and provide them with a clean and organized atmosphere. They are friendly and assist their customers with getting items they don't see on the shelves. This also applies to the deli area. If there are no pre-made sandwiches at the front of the store, Mitzner said, the deli, in the back will make on request. It doesn't cost extra and the deli personnel are happy to help.

"If a customer doesn't see something they want, we encourage



# ***Sky Soldiers***



**Courage is resistance to fear,  
mastery of fear -  
not absence of fear.**

***Mark Twain (1835 - 1910)***